



HOS Kuringen

Hasselt 7.10.2021

Omega

James GILBERT

hamok

Course : H:01

Distance : 4940m

Time : 0:39:59 (8'06"/km)

3/14

O.K.

[Full result on Webres](#)

1. Noël NIJSTEN
2. Filip KENNIS

0:36:01
0:39:44

1.	97	00:00:38	136m	4'39"/km
2.	98	00:00:45 00:01:23	90m	8'20"/km
3.	71	00:01:35 00:02:58	172m	9'12"/km
4.	72	00:03:13 00:06:11	504m	6'23"/km
5.	77	00:02:08 00:08:19	381m	5'36"/km
6.	73	00:00:40 00:08:59	105m	6'21"/km
7.	96	00:02:52 00:11:51	369m	7'46"/km
8.	76	00:02:14 00:14:05	302m	7'24"/km
9.	74	00:02:19 00:16:24	307m	7'33"/km
10.	95	00:01:20 00:17:44	198m	6'44"/km
11.	103	00:00:40 00:18:24	109m	6'07"/km
12.	75	00:01:06 00:19:30	112m	9'49"/km
13.	78	00:02:19 00:21:49	167m	13'52"/km
14.	79	00:01:20 00:23:09	165m	8'05"/km
15.	80	00:00:54 00:24:03	136m	6'37"/km
16.	81	00:01:24 00:25:27	179m	7'49"/km
17.	84	00:00:44 00:26:11	98m	7'29"/km
18.	83	00:00:32 00:26:43	108m	4'56"/km
19.	100	00:00:22 00:27:05	54m	6'47"/km
20.	82	00:00:44 00:27:49	127m	5'46"/km
21.	85	00:00:32 00:28:21	63m	8'28"/km
22.	105	00:01:48 00:30:09	252m	7'09"/km
23.	87	00:01:37 00:31:46	158m	10'14"/km
24.	88	00:01:20 00:33:06	72m	18'31"/km
25.	104	00:01:18 00:34:24	54m	24'04"/km
26.	90	00:00:55 00:35:19	89m	10'18"/km
27.	91	00:01:58 00:37:17	103m	19'06"/km
28.	92	00:00:55 00:38:12	156m	5'53"/km
29.	93	00:01:02 00:39:14	81m	12'45"/km
30.	94	00:00:36 00:39:50	56m	10'43"/km
31.	999	00:00:09 00:39:59	30m	5'00"/km